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equipment needed to set up food services. The Child Care Food Program offers funds to buy equipment for storing, preparing, and serving food.

### Food Assistance

Federal government makes donated food available to States. They, in turn, make these foods available to participating child care centers and family and group day care homes. Most States choose to receive cash worth the amount of the donated foods, rather than accepting the foods. These States provide cash to participating institutions.

### Technical Assistance

The agency which administers the Child Care Food Program in each State can help child care institutions in several ways. They can provide guidance on food service operations, program management, and recordkeeping. They also

fasts, lunches, suppers, and snacks served. The rate of payment varies, according to information on the family income of children participating in the program.

### Nonfood Assistance

In many areas, local resources cannot







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UNITED STATES DEPARTMENT OF AGRICULTURE

FOOD AND NUTRITION SERVICE, FNS—163

# Food for Kids

The Child Care Food Program gives Federal aid to licensed child care centers and family and group day care homes. The program helps give good, nutritious meals to preschool and school age children. To receive aid, child care centers and homes must not operate for profit, and they must give child care services in settings that are not residential.

By law, the goal of the program is to improve the diets of children age 18 and younger, by providing them with nutritious, well-balanced meals. Through this program, children receive meals which supply the amounts of nutrients needed to keep them in good health. Children are also given the opportunity to learn to eat and enjoy a variety of nutritious foods.



## Available Assistance

The Child Care Food Program gives many kinds of aid to help child care centers and family and group day care homes set up and operate a meal service.

### Technical Assistance

The agency which administers the Child Care Food Program in each State can help child care institutions in several ways. They can provide guidance on food service operations, program management, and recordkeeping. They also

help make sure that people who run the programs understand and follow program regulations.

### Reimbursement for Meals Served

The Child Care Food Program pays the child care center or family and group day care home for the number of breakfasts, lunches, suppers, and snacks served. The rate of payment varies, according to information on the family income of children participating in the program.

### Nonfood Assistance

In many areas, local resources cannot

provide the equipment needed to set up and maintain food services. The Child Care Food Program offers funds to buy or rent equipment for storing, preparing, moving, and serving food.

### Commodity Assistance

The Federal government makes donated food available to States. They, in turn, make these foods available to participating child care centers and family and group day care homes. Most States choose to receive cash worth the amount of the donated foods, rather than accepting the foods. These States provide cash to participating institutions.



## Eligibility

Child care centers and family and group day care homes may participate in the Child Care Food Program. Eligible centers include settlement houses, after-school recreation centers, neighborhood centers, Head Start centers, and institutions providing day care services for **handicapped children**.

## Family & Group Day Care Homes

Family and group day care homes must:

- have sponsoring organizations which are public institutions, or private organizations which operate without a profit. These organizations take care of the administrative and financial duties of the feeding program for each family and group day care home under their authority.

- give organized child care for children who do not live in that home.
- have a license or approval as a child care institution from Federal, State, or local governments.
- **serve children age 18 and younger.**

## Child Care Centers

Child care centers may participate on their own, or under the authority of a sponsoring organization. If they participate on their own, they must be responsible for their own finances and administration for food service operations.

Child care centers must:

- have a tax-exempt certificate from the Internal Revenue Service (under section 501(c)(3) of the Internal Revenue Code of 1954), or have applied for that certificate, or must be participating in another federally-funded program requiring tax-exempt status.
- give organized child care for children in nonresidential, nonschool situations.
- have a license or approval as a child care institution from Federal, State, or local government.
- **serve children age 18 and younger.**

## Sponsoring Organizations

Organizations eligible to sponsor a child care food program include units of State or local government, community action agencies, churches or family day care associations.

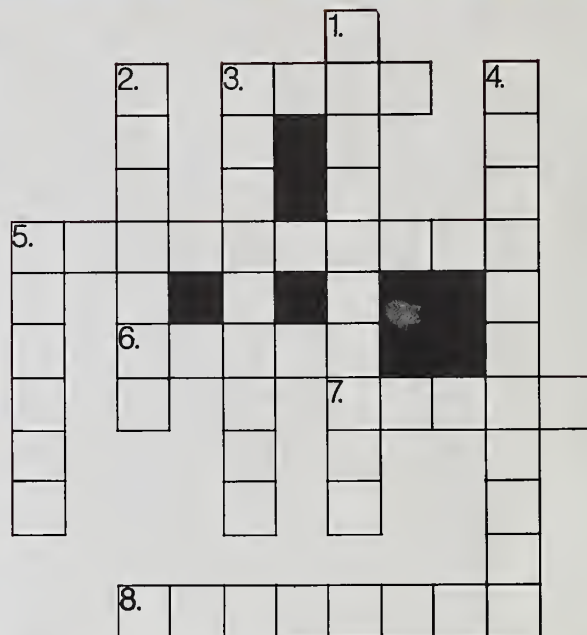
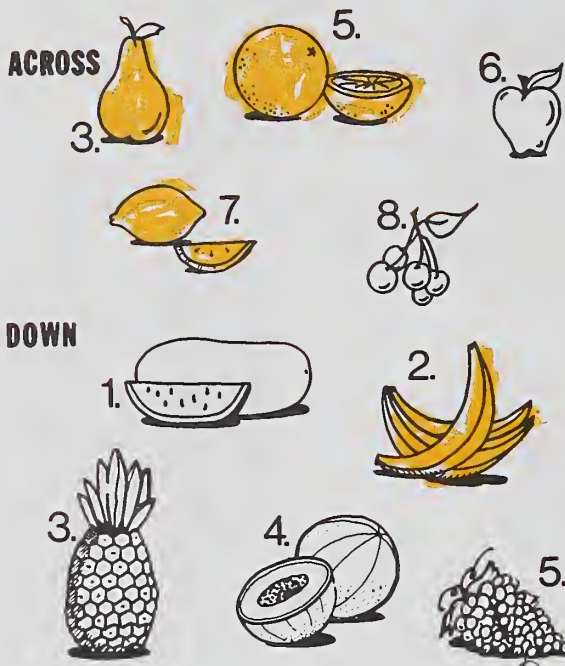
Sponsoring organizations must:

- be responsible for the finances, record-keeping, and administration of each child care center, or family or group day care home under their authority.
- provide supervisory and technical aid to centers and homes under their authority.
- have a tax-exempt certificate from the Internal Revenue Service (under section 501(c)(3) of the Internal Revenue Code of 1954), or have applied for that certificate, or participate in another federally-funded program requiring tax-exempt status.
- ensure that centers and homes serve children age 18 and younger.

Programs of the U.S. Department of Agriculture are available to all eligible persons, regardless of race, color, creed, sex, or national origin.

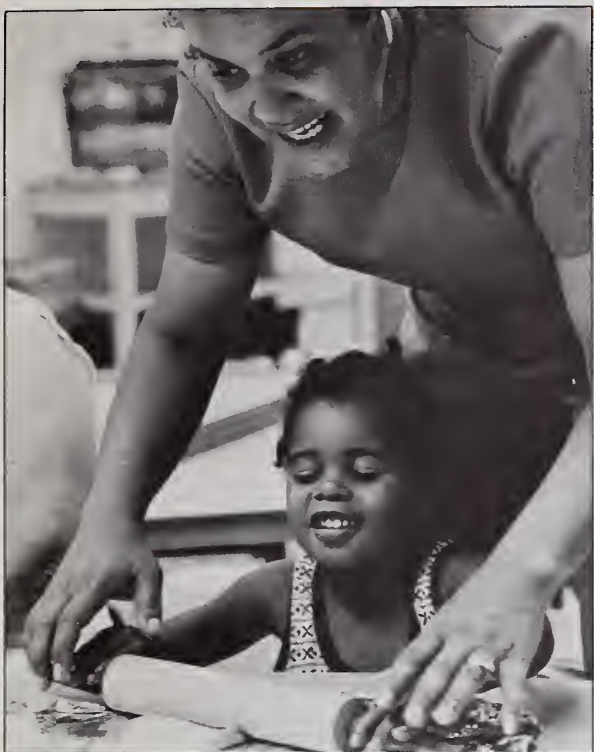
OCTOBER, 1977

# Fruit Crossword for Kids



Teaching is more rewarding when children are well fed and attentive.





Teacher and child both benefit from their experience in preparing food — making cookies for the center's lunch.



Teaching family day care mothers to teach children good nutrition is an important part of the Child Care Food Program.

Feeding children in your child care center can be fun, easy, and money-saving, when you participate in the Child Care Food Program. To make your task even simpler, the U.S. Department of Agriculture offers a number of useful and informative guides, charts, posters, and booklets to help you plan and prepare nutritious meals that appeal to young children.

Following are a few of the publications available to you. Requests—giving both the title, series, and number of publications needed—should be addressed to the Food and Nutrition Service Regional Office for your State. These addresses are listed at the back of this publication.

Publications are free to Food and Nutrition Service Cooperators—those directly involved in FNS programs. All others may send orders for these "sale only" materials, giving the title, series number, and enclosing payment to: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

**Quantity Recipes for Child Care Centers** (FNS-86)

(free to cooperators, \$6.40 to all others)

The Child Care Food Program means feeding children nutritious, tasty, well-balanced meals. What better way is there to find varied, delicious, tested recipes than in **Quantity Recipes for Child Care Centers**. The recipes come in handy card-file form for easy reference. They are specially designed with the young child in mind. Each recipe is designed to yield 50 servings of a specified size. The recipes, suggestions, and general information provided in the card file help you meet the meal nutrition requirements set by USDA. The recipe file also helps you make good use of locally purchased and USDA-donated foods.

**A Planning Guide for Food Service in Child Care Centers** (FNS-64)

(free to cooperators, 55¢ to all others)

Planning is the key to successful food service program. **A Planning Guide for Food Service in Child Care Centers** helps you develop your own schedule for serving children at your child care center all the food you will

# Book Reviews

Food buying guide  
for child care centers



FOOD BUYING GUIDE FOR CHILD CARE CENTERS  
General Information on food buying for child care centers. This guide provides information on planning menus, preparing and buying food, sanitation, and nutrition education. The guide also suggests books and other guides to begin a food and nutrition library of your own.



**Equipment Guide for On-Site School Kitchens**



Equipment  
for food service

offer them in a day. The guide teaches you important information on planning menus, preparing and buying food, sanitation, and nutrition education. The guide also suggests books and other guides to begin a food and nutrition library of your own.

**Food Buying Guide for Child Care Centers** (FNS-108)

(free to cooperators, 85¢ to all others)

Are you often uncertain about how much ground beef you will need for your meat-loaf, or how many apples you will need for your apple crisp? **The Food Buying Guide for Child Care Centers** shows you how to plan and figure how much food you will need for any recipe you want to prepare.

**Equipment Guide for Preschool and School Age Child Service Institutions** (PA-999)

(free to cooperators, 65¢ to all others)

Are you thinking of buying equipment to build a new kitchen? Do you want new or used equipment to improve your child care center? **Equipment Guide for Preschool and School Age Child Service Institutions** can help you plan your kitchen and choose what kinds of equipment you will need to fit your center's size and budget. Whether you are looking to buy large kitchen equipment like ranges and refrigerators, or small items like baking utensils, this guide can be of great help to you.

**Food Chart** (PA-1165)

(free to cooperators, 50¢ to all others)

The Child Care Food Program **Food Chart** is an attractive black and white poster. It tells you how much food you need to serve from each of the four food groups, for children ages 1 through 12. The chart is large and easy to read for quick reference when preparing breakfast, lunch, supper, or a snack. Hang it on a wall or door to use in teaching children the four food groups.



# Meal Pattern

Breakfast, lunch, supper, and two snacks may be served each day to children who attend participating child care centers and family and group day care

homes. These meals may be prepared at the center or home, may be obtained from a food service facility in a local school, or may be obtained through contract with a food service management company.

Meals must meet the meal pattern

requirements listed below.

The meal pattern is set up to meet U.S. Department of Agriculture minimum nutritional requirements. These requirements ensure that children receive the foods they need to stay healthy and grow strong.

		Age 1-3	Age 3-6	Age 6-12
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup
	Juice or Fruit	1/4 cup	1/2 cup	1/2 cup
	Bread	1/2 slice	1/2 slice	1 slice
	Cereal	1/4 cup	1/3 cup	3/4 cup
SNACK (supplemental food)	Milk or			
	Juice or Fruit	1/2 cup	1/2 cup	1 cup
	Bread or	1/2 slice	1/2 slice	1 slice
	Cereal	1/4 cup	1/3 cup	3/4 cup
LUNCH/SUPPER	Milk	1/2 cup	3/4 cup	1 cup
	Meat or Poultry or Fish or	1 ounce	1 1/2 ounces	2 ounces
	Cheese or	1 ounce	1 1/2 ounces	2 ounces
	Eggs or	1	1	1
	Peanut Butter or	2 Tablespoons	3 Tablespoons	4 Tablespoons
	Dried Beans and Peas	1/4 cup	3/8 cup	1/2 cup
	Fruits (2 or more) or			
	Vegetables (2 or more) or			
	Fruits & Vegetables to total	1/4 cup	1/2 cup	3/4 cup
	Bread	1/2 slice	1/2 slice	1 slice

For required infant meal patterns contact your sponsoring organizations, State agency, or regional office.

Federal help comes from the Food and Nutrition Service of the U.S. Department of Agriculture. In most States, the program is administered by the State department of education. In a few States, the program is administered by the Food and Nutrition Service regional office servicing these particular States.

For further information on the Child Care Food Program, write to the regional office of Food and Nutrition Service that services your State:

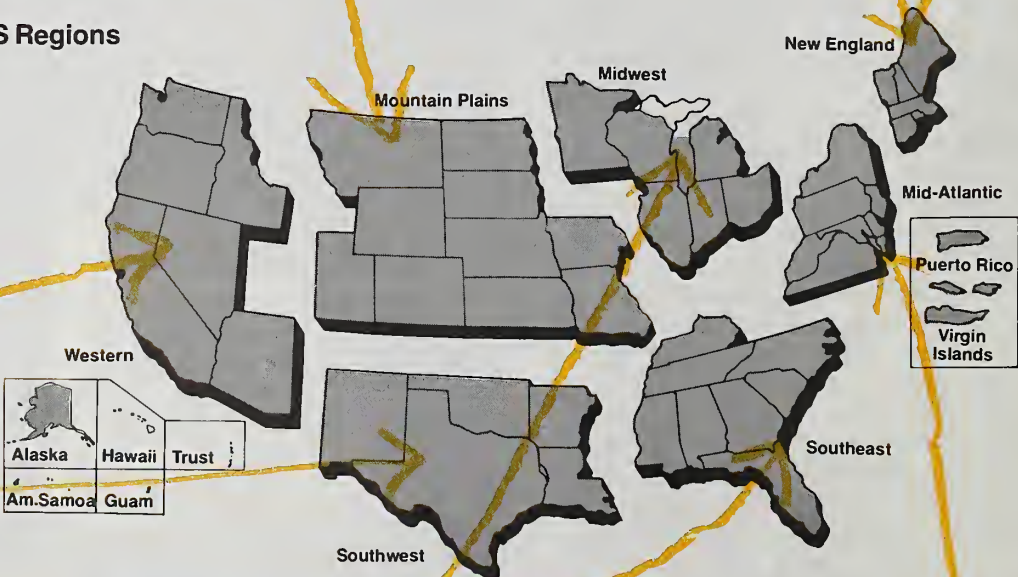
In American Samoa, Guam, Trust Territory of the Pacific Islands, Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, and Washington: **Western Regional Office**, FNS, U.S. Department of Agriculture, 550 Kearny Street, Room 400, San Francisco, California, 94108.

In Arkansas, Louisiana, New Mexico, Oklahoma, and Texas: **Southwest Regional Office**, FNS, U.S. Department of Agriculture, 1100 Commerce Street, Room 5-C-30, Dallas, Texas, 75242.

In Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee: **Southeast Regional Office**, FNS, U.S. Department of Agriculture, 1100 Spring Street, N.W., Atlanta, Georgia, 30309.

In Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, and Wyoming: **Mountain Plains Regional Office**, FNS, U.S. Department of Agriculture, 1823 Stout Street, Denver, Colorado, 80202.

The FNS Regions



In Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont: **New England Regional Office**, FNS, U.S. Department of Agriculture, 34 Third Avenue, Burlington, Massachusetts, 01803.

In Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin: **Midwest Regional Office**, FNS, U.S. Department of Agriculture, 536 South Clark Street, Chicago, Illinois, 60605.

In Puerto Rico, the Virgin Islands, the District of Columbia, Delaware, Maryland, New Jersey, New York, Pennsylvania, Virginia, and West Virginia: **Mid-Atlantic Regional Office**, FNS, U.S. Department of Agriculture, One Vahlsing Center, Robbinsville, New Jersey, 08691.